

U.S. Embassy Lusaka, Zambia
Warden Message - Measles Outbreak
September 30, 2010

There is currently a measles outbreak in Zambia constituting a public health emergency according to the World Health Organization and the Government of the Republic of Zambia. In June, the U.S. Embassy alerted U.S. citizens to the measles outbreak and advised that children be immunized. An ongoing outbreak at the University of Zambia in Lusaka is a reminder that measles is a highly contagious and potentially fatal disease. Adults should also take precautions.

According to medical professionals, U.S. citizens born in 1957 or later who have not already received two doses of the measles vaccine are recommended to get a second dose as soon as possible. Those born before 1957 are generally thought to be immune due to exposure. Parents should also ensure their child has received a second dose of the vaccine, as the second dose is not commonly given by health care providers in Zambia as part of standard childhood immunizations.

If your health care provider does not have the vaccine in stock, it is available in some local pharmacies. Be sure to consult the [CDC website](#) for more information on measles.

U.S. citizens traveling abroad should regularly monitor the U.S. Embassy's website and the U.S. Department of State's [Bureau of Consular Affairs website](#) where the current Worldwide Caution, Travel Warnings, Travel Alerts, and Country Specific Information can be found. The U.S. Embassy also encourages U.S. citizens to review "[A Safe Trip Abroad](#)," which includes valuable security information for those both living and traveling abroad. In addition to information on the Internet, travelers may obtain up-to-date information on security conditions by calling 1-888-407-4747 toll-free in the U.S. and Canada, or outside the U.S. and Canada on a regular toll line at 1-202-501-4444.

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